



# 4-H HEALTH PROJECT



In this project, youth learn about their physical, social and/or emotional health. Topics may include safety education, hygiene, physical activity, nutrition, physical growth and development, stress management, bullying prevention, drug and alcohol education, disability awareness and other health topics.

- Learn how to take care of your own physical, intellectual, emotional and social health.

Starting Out <i>Beginner</i>	Learning More <i>Intermediate</i>	Exploring Depth <i>Advanced</i>
<ul style="list-style-type: none"> <li>• Demonstrate basic safety and first aid skills.</li> <li>• Identify common poisons and learn how to keep you and your family safe.</li> <li>• Develop a family safety plan.</li> <li>• Identify safe places to play in your community.</li> <li>• Learn how to be safe around livestock, companion animals and wildlife.</li> <li>• Learn about fire safety.</li> <li>• Create a strategy for resolving conflict</li> </ul>	<ul style="list-style-type: none"> <li>• Create a personal health and wellness care plan.</li> <li>• Learn about germs and how they affect your health.</li> <li>• Learn how to choose food for fuel.</li> <li>• Discover new ways to add physical activity to your life.</li> <li>• Explore new foods to keep you healthy.</li> <li>• Explore environmental health issues that might be in your community.</li> <li>• Learn about careers in the health field.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn about sports supplements and their effects.</li> <li>• Explore how hydration affects the body.</li> <li>• Learn how to avoid sports injuries.</li> <li>• Explore what nutrient rich foods are and how they benefit your body.</li> <li>• Explore careers in the fitness and nutrition fields.</li> <li>• Investigate community health issues like: bullying, safe driving and disaster management plans.</li> </ul>

The activities above are ideas to inspire further project development. This is not a complete list.

## 4-H THRIVE

Help youth:

### Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find

### Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to

### Reach Their Goals

Help youth use the GPS system to achieve their goals.

**Goal Selection:** Choose one meaningful, realistic and demanding goal.

**Pursue Strategies:** Create a step-by-step plan to make daily choices that support your goal.

**Shift Gears:** Change strategies if you're having difficulties

### Reflect

Ask project members how they can use their passion for this project to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve



# Expand Your Experiences!

## Healthy Living

- Coordinate a countywide bike ride. Invite a local agency to discuss bicycle laws and safety.
- Discuss limiting sugar-sweetened beverages at 4-H events, and work with a local nutrition educator to identify healthier options.

## Science, Technology, Engineering, and Mathematics

- Research the physiology of stress and identify ways to reduce stress in your life.
- Increase awareness of online safety and create policies in your club to protect members against cyber bullying.

## Citizenship

- Create a video that identifies places in the community that make youth feel unsafe. Share your video along with recommendations for change at a County Board of Supervisors meeting.
- Conduct a playground safety check in your community.

## Leadership

- Volunteer to be the club health and safety officer.
- Lead a park clean-up day, so that other youth have a safe outdoor space to play.
- Organize a community health fair that showcases the risks associated with substance abuse.

## Resources

- National Bicycle Safety [www.pedibikeinfo.org](http://www.pedibikeinfo.org)
- GetSweaty [www.getsweaty.com](http://www.getsweaty.com)
- Let's Move! [www.letsmove.gov](http://www.letsmove.gov)
- American Heart Association [www.heart.org](http://www.heart.org)
- We Can! [www.nhlbi.nih.gov/health/educational/wecan/](http://www.nhlbi.nih.gov/health/educational/wecan/)
- The President's Challenge [www.presidentschallenge.org](http://www.presidentschallenge.org)
- Bam! Body and Mind [www.cdc.gov/bam/](http://www.cdc.gov/bam/)
- CANFIT [www.canfit.org](http://www.canfit.org)
- Disney Healthy Living [citizenship.disney.com/try-it](http://citizenship.disney.com/try-it)
- SPARK [www.sparkpe.org](http://www.sparkpe.org)
- Playworks [www.playworks.org](http://www.playworks.org)
- Safe Routes to School [www.saferoutesinfo.org](http://www.saferoutesinfo.org)
- Get up and Do Something [www.getupanddosomething.org](http://www.getupanddosomething.org)

Connections & Events	Curriculum	4-H Record Book
<p><b>Presentation Days</b> – Share what you've learned with others through a fitness-related presentation.</p> <p><b>Field Days</b> – At these events, 4-H members may participate in a variety of contests related to their project area.</p> <p>Contact your county 4-H office to determine additional opportunities</p>	<ul style="list-style-type: none"> <li>• Keeping Fit and Healthy– <a href="http://www.4-hmall.org">www.4-hmall.org</a></li> <li>• You're the Athlete– <a href="http://estore.osu-extension.org">estore.osu-extension.org</a></li> <li>• YOUth in Motion– <a href="http://4h.unl.edu/">4h.unl.edu/</a></li> <li>• Bicycle Adventures– <a href="http://www.4hmall.org">www.4hmall.org</a></li> <li>• Jump into Food and Fitness– <a href="http://msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jiff">msue.anr.msu.edu/program/info/jump_into_foods_and_fitness_jiff</a></li> </ul>	<p>4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their experiences, learning and development.</p> <p>4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.</p>



**University of California** Agriculture and Natural Resources

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